

**Riki Richter D.O.M.P., D. Sc. O. Osteopathic Manual Practitioner,
Rehabilitative Pilates Mat & Equipment/ Yoga Teacher / Franklin Method Educator
Synergy Movement Therapy Director, Teacher Trainee and Mentor**

Rehabilitative Pilates Mat and Equipment /Yoga / Franklin Method Educator

I have been teaching Pilates for 23 years with a focus on its rehabilitative benefits. I participated in Downward Dog's first teacher training in 1998 and taught the anatomy portion of their teacher training course for 12 years. I have been teaching yoga for 20 years with a focus on incorporating yoga into a rehabilitative setting. I have also taught anatomy for teacher trainings at Octopus Garden Yoga, 889 Yonge, The Alexander Alliance of Toronto, Sasha Padron's Pre and Post Natal, have presented on The Sacroiliac Joint at The Yoga Festival of Toronto in 2010 and at the Movement Research Intensives in 2017 and 2018. I was co-owner of Mind the Body Pilates & Bodywork on Queen Street West for 12 years where I trained several of Synergy's current teachers and ran anatomy modules for movement teachers.

Teaching Mysore / self-practice at Downward Dog for many years gave me the experience of working with yoga students one-on-one in order to develop individual rehabilitative yoga programs specific to a given student and their particular needs. My strength as a movement teacher is the ability to analyze movement dysfunction and educate students in order to improve biomechanical deficits that may be causing injury or pain, and aid in strengthening and re-patterning movement within the context of Pilates, yoga and other movement practices. At Synergy I involve patients in their own healing process by "empowering through movement". I am currently studying DNS and I am involved in developing The Body Loop with Diane Bruni who opened Downward Dog Yoga Centre in 1997. More information can be found at thebodyloop.com.

Movement Based Rehabilitation at Synergy

Dr. Awan attended my Pilates and yoga studio, Mind the Body on Queen Street West, and resolved a lumbar disc issue he had sought treatment for from many clinicians. In 2004 Dr. Awan began sending his patients to Mind the Body, using Pilates and yoga for their rehabilitative effects. At Synergy, Dr. Awan and myself decided to collaborate on an outcomes-based rehabilitation model we call "Movement Based Rehabilitation". Using our combined thirty five years of experience in the field we incorporated a strong exercise component that we felt was lacking in conventional rehabilitation programs. As part of this model, we decided to explore the concept of using rehabilitative classes to teach exercises. The deficits addressed in the classes were programmed by Dr. Awan and were based on his experience with patients who did not improve with conventional rehab care. I programmed exercises that targeted these deficits and coached a team of teachers who had been working with me for years to create the Synergy Movement Therapy Programs. Synergy now offers five Movement Therapy Programs to address various musculoskeletal components. The programs include: Back Care, Hip & Knee, Neck & Shoulder, ComputerFit and Foot & Ankle, and protocols include Stenosis and Pelvic Health.

The classes emphasize proper execution of exercises with good form, technique, alignment, and body awareness. They are designed to be complemented with an active self-management program. During the course of therapy it is expected that the prescribed exercise regimen be continued and sustained at home. The classes also focus on secondary prevention

where the primary goal is to effectively correct the root deficits to truly address the underlying source of the problem and prevent recurrence. Specialized Synergy Movement Therapy classes have been running since May 2011 and the feedback from clients – along with the outcomes – have been overwhelmingly positive.

Synergy Sports Medicine, specifically Dr, Raza Awan and myself, have presented a course on Yoga Injury Prevention at Synergy, and as part of yoga teacher trainings at Downward Dog, Octopus Garden Yoga and the for the YMCA Yoga Teacher Training Course.

Osteopathic Manual Practitioner

Osteopathy is a manual therapy aimed at treating the source of dysfunction in the body in order to maximize health. They utilize a variety of gentle hands-on techniques to address musculoskeletal issues such as neck pain and low back pain, and systemic issues such as digestive difficulties and respiratory and gynecological dysfunction. By calling on their extensive knowledge of anatomy and assessing and treating the inter-relationships between various systems in the body, osteopathic manual practitioners can remove the barriers to the healing process. This can profoundly improve the health of the patient.

I have completed a 7-year osteopathy program at the Canadian College of Osteopathy where I wrote my thesis on "The Effects of Global Osteopathic Treatment on Postpartum Low Back Pain". This involved conducting a clinical research trial measuring pain using the McGill Pain Questionnaire 2, and viscoelastic change in tissue with the MyotonPro Myometer.

Along with Michelle Fraser, I developed the Pelvic Health Program at Synergy and provide the manual osteopathic treatment component of this program. I am sub specialized in Women's Health and use an external treatment approach. Other areas of expertise are lower back and sacroiliac dysfunction in regular as well as pregnant and postpartum populations, MSK dysfunction i.e hip / knee /ankle / shoulder, TMJ alignment and postural issues. I see patients of all ages of patients from newborns to the elderly.

Pilates Certifications and Continuing Education

Pilates	Comprehensive Mat & Equipment Training Pilates Downtown	1995
Cathy Murakami	Pilates Mat	1995
Karen Carlson	Cadillac	1995
Marika Molnar	Upper Body	1995
Alan Herdman	Pilates Rehabilitation and Dance Injury Prevention	1995
Jean Claude West	BAC Discs Pilates Rehab and Scoliosis	1997
Marie Jose Blum	Pilates Foundations for Rehab	1997
Alan Herdman	Pilates Rehabilitation	1998
Michelle Larssen	Wunda Chair	1998
Dianne Miller	Rehabilitative Pilates for Upper Body	1999
Dianne Miller	2 Week Classical Pilates Mat	1999
Karen Carlson	Pilates Mat	2000

Dianne Miller	Rehabilitative Pilates for The Pelvis	2001
Karen Carlson	Reformer	2001
Karen Carlson	Wunda Chair	2001
Karen Carlson	Pilates Arc Barrels	2002
Dianne Miller	2 Week Classical Pilates Mat	2003
Dianne Miller	Gait, Cadillac	2003
Karen Carlson	Cadillac	2003
Karen Carlson	Movement Theory	2004
Dianne Miller	2 Week Classical Pilates Mat	2004
Dianne Miller	Wunda Chair	2004
Dianne Miller	Module 1 TTC	2005
Dianne Miller	2 Week Classical Pilates Mat	2005
Dianne Miller	Pilates Barrels	2005
Dianne Miller	2 Week Classical Pilates Mat	2006
Karen Carlson	Reformer	2007
Karen Carlson	Cadillac	2008
Karen Carlson	Wunda Chair, Arm Chair	2008
Karen Carlson	Pilates Barrels	2009
Karen Carlson	Pilates Fundamentals	2009
Karen Carlson	Small Equipment	2010
Karen Carlson	Cadillac	2010
Marie Jose Blum	Foot	2012
Karen Carlson	Reformer	2018

Pilates Method Alliance Conferences

Denver Colorado Nov 25-30 2003: Workshops with Ron Fletcher, Kathy Grant, Mary Bowen, Rael Isacowitz, Lolita San Miguel and Jon Zahourek

New Orleans Oct 31-Nov 3 2004: Workshops with Maya Aubrey, Karen Clippinger, Jillian Hessel, Yamuna Zake, Julian Littleford, Wendy LeBlanc-Arbuckle

Palm Springs, CA Nov 3-6 2005: Workshops with Marie Jose Blum, Mairin Wilde, Alan Herdman, Rael Isacowitz,, Elizabeth Larkam, Dawn-Marie Ickes

Palm Springs, CA Nov 2-5 2006: Workshops with Irene Dowd, Dianne Miller, Rael Isacowitz, Pino Carbone, Tita Ortega, Marie Jose Blum

Yoga Teacher Trainings and Continuing Education

Downward Dog	Teacher Training	1998
Danny Paradise	Ashtanga	1998
Richard Freeman	Ashtanga	1998
Katchie Shakti Gaard	Ashtanga	1999
Tim Miller	Ashtanga	1999
Eddie Modestini, Nicki Doane	Yoga for Scoliosis	2001
Hart Lazar	Iyengar	2002
Chuck Miller, Maty Ezraty	Ashtanga	2002
Hart Lazar	Iyengar	2002
David Williams	Ashtanga	2003
Hart Lazar	Iyengar Week Intensive	2003
Richard Freeman	Ashtanga	2003
Francois Raoul	Iyengar	2003
Hart Lazar	Teaching Pedagogy	2003
Richard Freeman	Ashtanga	2003
Chuck Miller, Maty Ezraty	Ashtanga	2004
Chuck Miller, Maty Ezraty	Ashtanga	2005
Hart Lazar	Iyengar	2005
Chuck Miller, Maty Ezraty	Ashtanga Advanced Teacher Training	2006
Matthew Sweeney	Ashtanga	2006
Chuck Miller, Maty Ezraty	Ashtanga	2006
Eddie Modestini, Nicki Doane	Ashtanga	2006
Chuck Miller, Maty Ezraty	Ashtanga	2007
Eddie Modestini, Nicki Doane	Ashtanga	2007
Andrea Peloso	Restorative Yoga	2009
Octopus Garden	Restorative Yoga Teacher Training	2011
Doug Keller	Yoga for Shoulders	2012

Yoga Conferences

Yoga Journal Conference Sept 21-30 2002: Workshops with Roger Cole, Richard Freeman, Judith Lasater, Ana Forrest, John Schumacher, Julie Gudmested and Dona Holleman

Yoga Conference Toronto 2004: Workshops with Laura and Norman Allard, Dharma Mittra

Osteopathic Training and Continuing Education

Canadian College of Osteopathy Comprehensive Academic Program: D.O.M.P., D.Sc.O.		
Graduated 5th Year		2010
Thesis "Effects of Global Osteopathic Treatment on Postpartum Low Back Pain"		2014
Orthopaedic Assessment of the Lower Extremity		2008
Orthopaedic Assessment of the Upper Extremity		2009
Osteoarticular Technique	Clive Standen, D.O.	2011
Still Technique	Pierre Bachand, D.O.	2013
Endocranial Spasm (Concussion)	Genevieve Forget	2014
John Martin Littlejohn	Christian Fossum	2014
Women's Health	Renzo Molinari	2016
Advanced Palpation	Genevieve Forget	2016
Stephen Sandler	Obstetrics	2017

Franklin Method Training and Continuing Education

Franklin Method	Breathing with Morten Dithmer	2010
Franklin Method	The Strong Pelvic Core with Morten Dithmer	2010
Franklin Method	150 Hour Level 1 Teacher Training	2015
Franklin Method	The Fascia with Morten Dithmer	2017

Other Areas of Study

Craniosacral I	Upledger Institute	1999
Craniosacral II	Upledger Institute	2000
Reiki Level I	Anita Levin	1997
Brainwave Biofeedback	Césan d'Ornellas Levine	1999
Kinetics Ball Release Work	Fiona Griffiths	1997
Kinetics Ball Release Work	Fiona Griffiths	1998
Human Dissection 1 Week	Todd Garcia	2003
Kinetics Ball Release Work	Fiona Griffiths	2004
Anatomy in Clay 1 Week	Jon Zahourek	2004
Anatomy in Clay 1 Week	Laura Allard	2006
Fascia Congress Amsterdam	Multiple, Workshop with Andre Vleeming	2009
Irene Dowd	Eccentric Work	2009
Eldoa Level I	Petra Baethmann	2015
DNS A	Martina Jezkova	2016

DNS Exercise	Martina Jezkova	2016
DNS:Women's Health / Baby	Martina Jezkova	2017
Reconciling Biomechanics with Pain Science	Greg Lehman	2016
Reconciling Biomechanics with Pain Science	Greg Lehman	2017

Employment, Teacher Training Programs and Workshops

Pilates Downtown	Pilates Teacher	1996-1999
Canadian Olympic Synchro Team	Pilates Teacher	1998-1999
Mind the Body Pilates & Bodywork	Pilates Teacher, Owner	1999-2011
Synergy Sports Medicine	Movement Therapy Director, Owner Osteopathic Manual Practitioner	2011-Present
Downward Dog	Anatomy for Teacher Training Yoga Teacher / Mysore Teacher	1999-2010
Mind the Body Pilates & Bodywork	Pilates Mat Teacher Training	2007
Alexander Alliance Toronto	Anatomy for Teacher Training	2006
Mind the Body Pilates & Bodywork	Anatomy Modules	2008-2010
Octopus Garden Yoga	Anatomy for Teacher Training Six Common Yoga Injuries Pilates Teacher	2010 2011-2013 2018
889 Yoga	Anatomy for Teacher Training	2012
Yoga Festival of Toronto	The Sacroiliac Joint	2010
Sasha Padron's Pre & Post Natal	Anatomy for Teacher Training	2013-Present
YMCA Yoga Teacher Training	Six Common Yoga Injuries	2015
Movement Research Intensive	The Diaphragms Fascial Domes and Fluidic Pumps	2017
Synergy Sports Medicine	The Biomechanics of Birth for Movement Teachers with Stacey Hauserman	2017
Soma Workshops	Breathing for Optimal Health	2017
Synergy Sports Medicine	Developmental Movement and the Body Loop with Diane Bruni	2018
Movement Research Intensive	Developmental Movement Principles The Body Loop	2018
Synergy Sports Medicine Inhabit Pilates	Foundational and Classical Pilates Mat Teacher Training with Julia Wyncoll	2018-2019
The Body Loop	thebodyloop.com	2018